

Инструкция

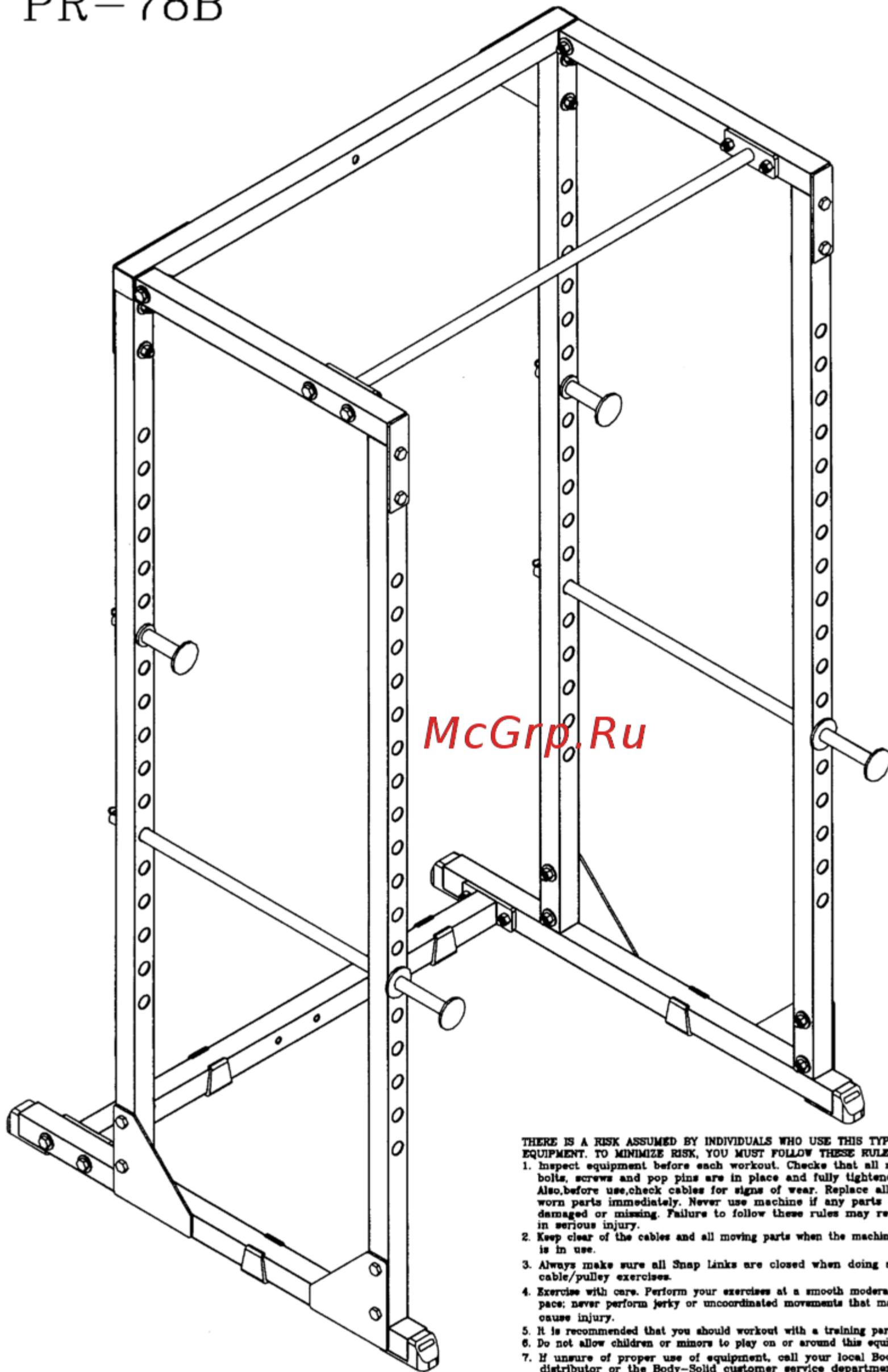
Арка Body Solid PR-178X/PPR-178X для жимов и приседаний

Полезные ссылки:

[Арка Body Solid PR-178X/PPR-178X для жимов и приседаний - смотреть на сайте](#)

[Арка Body Solid PR-178X/PPR-178X для жимов и приседаний - читать отзывы](#)

PR-78B



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-656-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

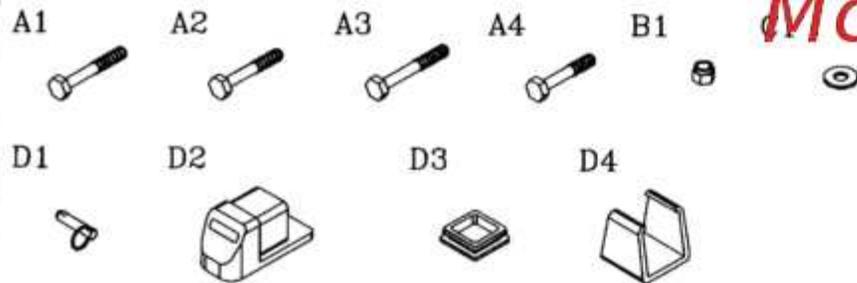
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VERSION 9809

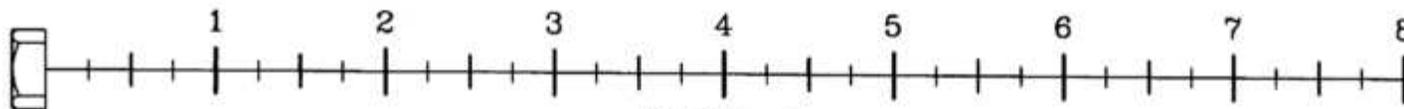
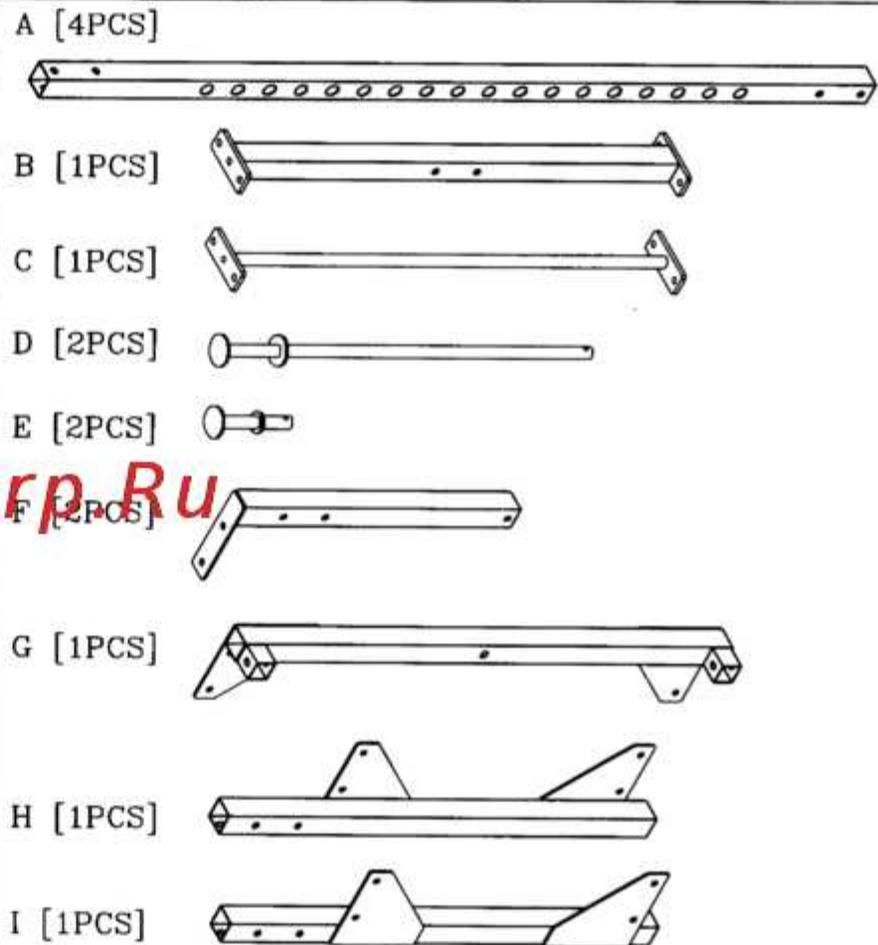
PR-78B

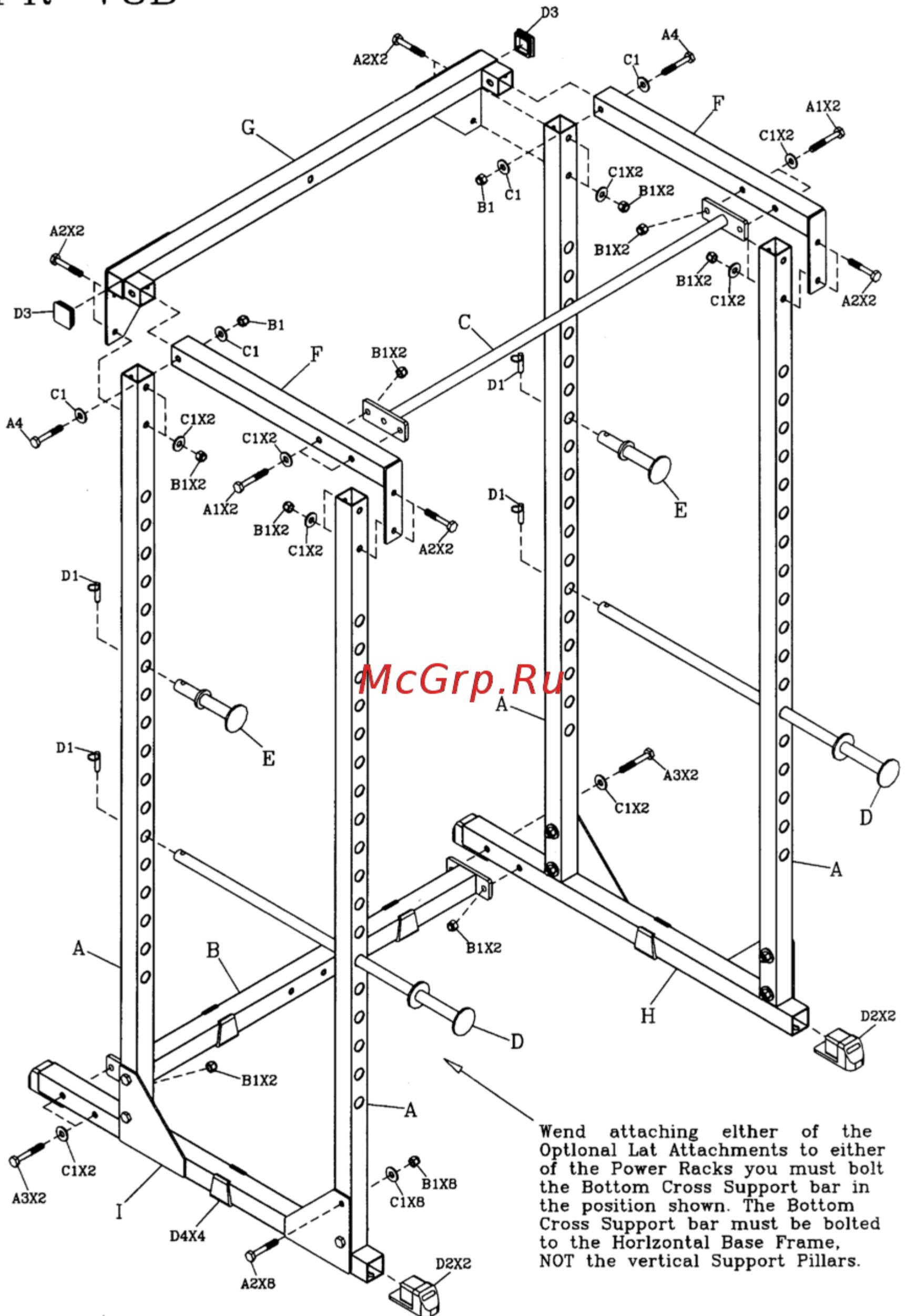
HARDWARE ILLUSTRATION SHEET

	Qty.
A1. 1/2"X3 1/4" HEX HEAD BOLT	[4PCS]
A2. 1/2"X3" HEX HEAD BOLT	[16PCS]
A3. 1/2"X3 1/2" HEX HEAD BOLT	[4PCS]
A4. 1/2"X2 3/4" HEX HEAD BOLT	[2PCS]
B1. 1/2" NYLON LOCK NUT	[26PCS]
C1. 1/2" (I.D) WASHER	[28PCS]
D1. ϕ 10X35mm PIN (E1009)	[4PCS]
D2. 2"X2" FOOT CAP (E4086)	[4PCS]
D3. 2"X2" END CAP (E4001)	[2PCS]
D4. 2"X2" RUBBER DOUNT (E4091)	[4PCS]



PARTS ILLUSTRATION SHEET





Wend attaching either of the Optional Lat Attachments to either of the Power Racks you must bolt the Bottom Cross Support bar in the position shown. The Bottom Cross Support bar must be bolted to the Horizontal Base Frame, NOT the vertical Support Pillars.